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ABSTRACT

Information and accompanying exercises are provided in this learning module to reinforce students' basic reading and writing skills and, at the same time, increase their awareness of and motivation toward sound personal health practices. Written at an elementary level, the module considers eleven personal health topics: prevention of illness; nutrition; the four basic food groups; the development of proper eating, sleeping, and exercising habits; first aid; poisons; the harmful effects of smoking and drinking; drug abuse; finding and visiting a doctor; birth control and pregnancy; and the calculation of life expectancy. For each topic, the module provides texts and multiple-choice, true/false, or fill-in-the-blank exercises to test students' reading comprehension, strengthen spelling skills, and reinforce learning. In addition, exercises are provided which utilize the subject material to explain the meaning and use of verbs, prepositions, conjunctions, and command sentences. A glossary and exercise answer key are provided. (JP)

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HEALTH

Prevention
Safety and First Aid
Personal Health Care

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HEALTH

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HEALTH AND SAFETY

Rationale - To make the student aware of and motivated toward good health practices and habits in order to function effectively in society.

Objectives - Upon completion of the unit, the students will have knowledge and information about prevention, good health habits and first aid.

PREVENTION

READING AND SPELLING

Prevention is the way to a long and healthy life. Here are some health habits for prevention:

Eat regular, nutritious meals.

Get enough exercise each day.

Get enough rest and sleep.

You should make a daily schedule for meals, exercise, and rest. This will help you to be more organized, and you will have a feeling of fulfillment and self-satisfaction. When you treat you body right, it will serve you better.

Be sure the foods you eat are nutritious and that you eat balanced amounts. Exercise each day for body toning. In order to think, act, and work well, get regular rest and sleep.

It is also important to have routine medical and dental checkups. These should come at least once a year.

Be good to yourself through prevention and good health!

1. One good health habit is:

   a) relaxing by watching T.V.

   b) getting enough rest

   c) never eating out

   d) sleeping 10 hours each night

2. It is suggested that you:

   a) jog every day

   b) work out with weights

   c) eat sprouts

   d) make a schedule

3. Body toning is:

   a) keeping muscles in shape

   b) dance movements

   c) getting regular checkups

   d) a way to cure disease

4. Why is this section called prevention? What do you think we are trying to prevent?

NUTRITION

There are four basic food groups: meat and fish, fruits and vegetables, milk and dairy products, and breads and cereals. You should eat foods from each group every day.

The nutrients from foods maintain your body systems. There are seven body systems: Can you match the name of the body system to what it does? (Look for the word parts that are clues.)

___1. skeletal system
___2. muscular system
___3. nervous system
___4. glandular system
___5. circulatory system
___6. respiratory system
___7. digestive system

a. builds muscle strength
b. circulates blood through the body
c) gets air into the body (breathing)
d) digests food
e) builds bones and joints
f) sends impulses through the nerves
g) regulates glands

THE FOUR BASIC FOOD GROUPS

The chart lists the four basic food groups. It shows how much you should eat from each group every day, and which nutrients come from the group.

	Meat	Milk	Vegetables and Fruit	Bread and Cereals
Includes:	cooked meat, poultry, fish, eggs, cheese, dry beans and peas, peanut butter, nuts	milk, cheese, ice cream and other milk-made foods	fruits, vegetables, potatoes	whole grain and enriched bread, muffins, cereal, macaroni, rice, noodles
Supplies the body with:	protein, iron and vitamins	minerals, calcium, vitamins and protein	vitamins and minerals	B vitamins and iron
One serving is:	2-3 oz. cooked meat, fish, poultry, 4 tablespoons peanut butter, 2 eggs, 1 cup dry beans	1 cup (8 oz.)	½ cup raw or cooked	1 slice bread, 1 ounce cereal, ½-¾ cup rice, noodles, etc.
You need each day:	2 or more servings	children: 3 glasses teenagers: 4 glasses adults: 2 glasses pregnant women: 3 nursing mothers: 4	4 or more—including 1 of orange, grapefruit, raw cabbage, tomato, strawberries or cantaloupe for vitamin C	4 or more

Look at the chart to answer these questions:

1. If you eat a peanut butter and jelly sandwich, how many food groups are represented? _____ Which ones?

_____

2. Which food provides protein?

a) potatoes

b) rice

c) eggs

d) strawberries

3. Name a type of food that is in two of the groups.

_____

4. Design a healthy menu for one day, using all four groups. Use foods you like. Don't be afraid to put in foods you like, as long as they give you the nutrition from the four basic groups.

	Ideas	Your Menu
BREAKFAST	fruit	_____
	cereal or egg or both	_____
	toast or roll with butter (optional)	_____
	milk	_____
LUNCH	main protein dish	_____
	vegetable	_____
	bread and butter	_____
	milk	_____
	fruit	_____
DINNER	main protein dish	_____
	vegetables	_____
	bread or potatoes	_____
	milk	_____
	dessert or fruit	_____

GOOD HEALTH HABITS

Good habits of eating, sleeping, and exercising are important. They will probably make you feel better. Your whole outlook on life may be brighter.

What are you doing about your basic body needs? Answer yes or no to each question on this checklist.

yes no

_____ Do you usually eat nutritious, balanced meals?

_____ Are you the right weight for your height and body build?

_____ Do you have good eating habits?

_____ Do you usually rest a while after you eat?

_____ Do you get regular sleep?

_____ Has your body been able to resist most deseases?

_____ Do you take time to relax during the day?

_____ Do you get regular exercise?

_____ Does your exercising make you feel good?

_____ Do you get the right kind of exercise for your age and weight?

Did you answer no to any of the above question? If so, what can you begin doing to improve things? Write your answer below.

GOOD EATING HABITS

The secret of weight control is good eating habits paired with plenty of exercise. Here are some eating habits for people who don't want to be overweight.

- Never eat standing up.
- Eat only when your mind and body are relaxed.
- Never eat anything unless you really want it.
- Record everything you eat for one week. (EVERYTHING!) Rate each food from one to ten. Which ones did you really want?
- Identify the weight you would like to be.
- Identify and list the things you are putting off doing by eating. When can you plan to do each thing?

Of course, it is WHAT you eat that will determine whether you lose weight, as well as when and how you eat.

Now that you know about nutrition and eating habits, here is a crossword puzzle about what you've learned. The chart on the four basic food groups will help you figure out some of the words.

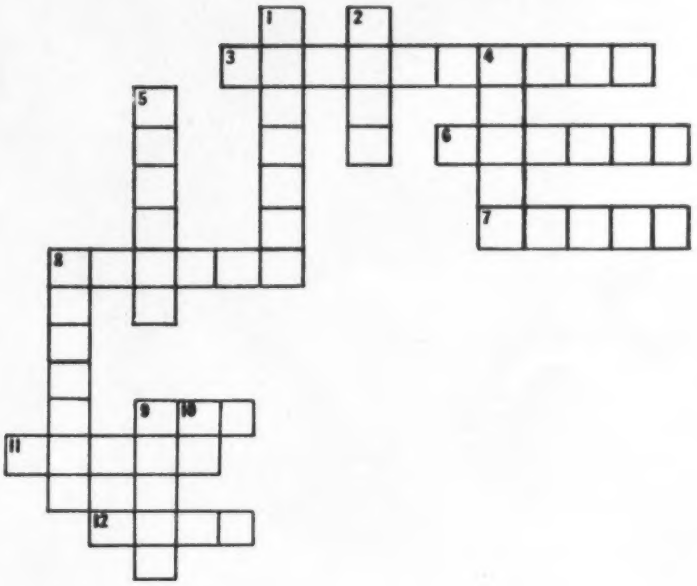
Puzzled About Good Eating Habits?

Across

3. It is wise to include each day green, yellow and leafy_____.
6. Sensible eating habits are necessary for good_____.
7. It is good sense to include _____ products in your diet daily.
8. At least one _____ fruit per day, as a source of Vitamin C, is recommended for good health.
9. A certain amount of _____ is required by your body each day; however, excessive amounts of it just go to "waist."
11. Your best friend, your_____, beats an average of 72 times per minute, 103,680 times per day, and 37,843,200 times per year.
12. A high protein, low-fat food that lives in water is_____.

Down

1. Both _____ and No. 4 Down are made from grains.
2. A sensible diet should include two servings of _____ a day.
4. You should eat whole-grain, enriched or restored_____.
5. Eating a large plate of food is not synonymous with good eating _____.
8. Turkey and _____ are two poultry products that are recommended because they are low in cholesterol.
9. Along with No. 3 Across, you should be sure to include a variety of_____ each day.
10. Good eating habits and good health is... "Where it's _____!"



FIRST AID

READING AND SPELLING

A boy was riding his bike across an intersection. He didn't see that a car was coming until the car had hit him and knocked him off his bike. He hit the pavement and didn't get up.

A woman walking by saw the accident and came running. The woman had had a first aid course, so she knew what to do. First, she told someone to call for an ambulance. The boy's head was bleeding and one of his arms was broken, and he was in the middle of the street, but the woman didn't move him. Instead, she checked to make sure he was breathing. Then she asked the people standing around if someone had a clean piece of cloth. One of them gave her a towel, and she held it on the boy's head and put pressure on it. The bleeding stopped right away.

When the paramedics arrived with the ambulance, the boy was already felling better, but he had not been allowed to get up. If he had gotten up and walked around, he might have gone into shock.

In this accident, first aid probably did not save the boy's life, but the woman's knowledge of first aid helped to avoid panic, get help quickly, and keep the boy's condition from getting worse.

1. What is the first thing the woman did?

2. Did she check whether the boy was breathing?

3. What did she do to stop the boy's head from bleeding?

4. What did the woman's knowledge of first aid help to do?

Circle the correct spelling of the words in parentheses.

(accross/across) an intersection
a woman saw the (accident/axident)
the (people/peaple) standing around
When the paramedics (arived/arrived)

ENGLISH

A verb is what someone or something does. Fall, roll, buy, care, is, and be are verbs. Circle the verbs in the following paragraphs:

First aid is the immediate care you give a person who is injured or suddenly ill. Knowledge of first aid can save lives. Sometimes that knowledge saves people from being disabled for life.

You should know some first aid skills. For people ages one to 38, accidents are the leading cause of death. In the event of an accident, a few minutes are very important. Often, only a person who is there right away and who knows some first aid has the chance to prevent a death.

Some things you can do for a person in need are:

- Make it as easy as possible for help to get to the person.
- Be sure the person can breathe.
- Control severe bleeding.
- Do not move a victim unless necessary for his safety.
- Keep the person warm with blankets or extra clothing.

The best way to learn first aid is to take a class at the college or from the Red Cross. You will be surprised how much you will learn, and how much good you will be able to do if you are ever at the scene of an emergency.

USING FORMS AND CHARTS

Problem	Some things you can do
breathing has stopped	. remove any object from the mouth . give mouth to mouth resuscitation
heavy bleeding	. cover wound with cleanest cloth available or bare hand and apply pressure . if there's no bone fracture, elevate wound above head
poison	. only if the victim is conscious, give plenty of water or milk to drink . call for help (Poison Center, hospital, or doctor)
shock (cold clammy, pale skin; quick and faint pulse or breathing; weakness or nausea)	. treat breath stoppage or blood loss (see above) . keep victim lying down on his and cover with a light blanket

What do you do?

1. A person has rapid, faint breathing.

_____

2. Someone is hurt and stops breathing.

_____

3. Someone has swallowed some poison.

_____

POISONS

When you stop to think about it, you will be amazed at how many deadly poisons are found around the house. Many are found under the kitchen and bathroom sinks. Cleaning and polishing mixtures, turpentine, soap, detergent, and paint are all poisons. Cosmetics are often poison, and so are many house plants. Philodendrons, poinsettias, African violets, and begonias are all poisonous plant. Medicine cabinets are full of poison, too.

Little children and babies often get hold of poison in their own homes. In one year, over 12,000 one-year-olds will eat poison from under the sink. At the same time, 15,000 2-year-olds will accidentally swallow medicines. The children crawl into cupboards where poisonous products are stored. They chew on the houseplants or plants in the yard. They get hold of large amounts of aspirin or other medicine, and eat all of it.

There are many good ways to prevent poisoning. Always get medicines in "childproof" containers, if you have a child around t e house. Never store poisonous products where a child can get at them. Keep poisonous things out of reach.

Another danger in the house is from frozen foods. Thaw freezer foods in the refrigerator, <u>not</u> out on a counter is the sun. Bacteria can grow in the food, and cause food poisoning.

Accidental poisonings can be prevented. Remember these rules:

1. Keep poisonous things locked up. If your medicine or

cleaning cabinets will not lock, find a place that does.

2. Never put anything poisonous in a cup or bottle or anything else that will make a child think it is something he can eat or drink.

3. Ask you pharmacist to provide safety caps on medicine containers.

4. Get rid of left over medicines and household products. Empty them down the toilet or drain. Then, rinse the container before throwing it away.

5. Get rid of prescription medicines when you don't need them anymore. This removes danger for children; also, over a period of time, changes in the medicine can make it useless or even dangerous.

6. Never tell a child medicine is candy or tastes like candy.

7. Never take medicine in front of a small child. The child may try to imitate you sometime when you are not there.

8. Keep houseplants out of reach of small children.

9. Teach children not to eat or drink anything, unless they get it from a responsible person.

10. Keep the phone number of your local poison control center near the telephone. An unbreakable rule is, NEVER LEAVE SMALL CHILDREN ALONE IN THE HOUSE.

The above information is from the National Planning Council for Poison Prevention Week.

If a person has taken poison, call a doctor. Then read the label on the container. It may have instructions on what to do. If may say to make the person vomit, or to have them drink water. Different poisons need different treatments. Doing the wrong thing can hurt more than help.

1. Can you find eight poisons in this picture?

2. Pick out the one place on this list where it would be safe to store medicine.

   a) the refrigerator

   b) the bathroom cabinet

   c) the kitchen cabinet

   d) a locked cabinet

3. According to the reading, a child could be poisoned by eating

   a) fresh fruit

   b) face cream

   c) toothpaste

   d) dirt

4. If someone is poisoned, you should

   a) call a doctor or poison center

   b) try right away to make them vomit

   c) find the label on the poison

   d) a and c

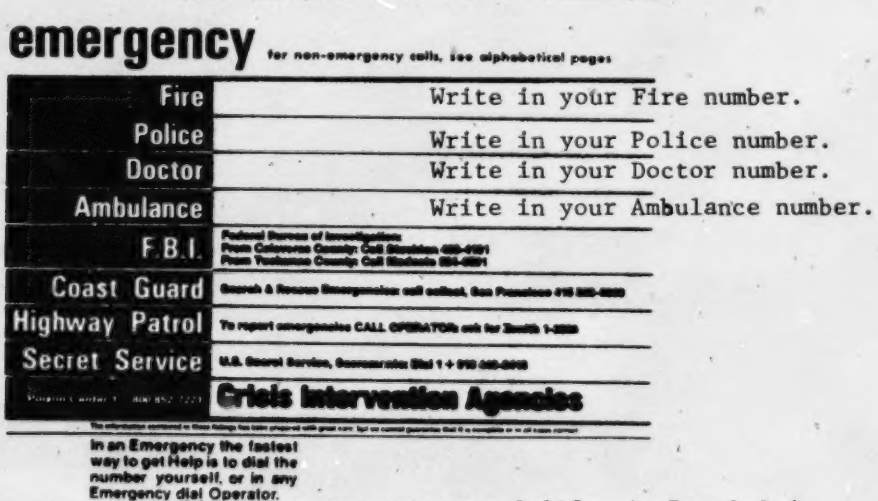
5. For where to call in poisoning and other emergencies, look

   a) on the front inside cover of the phone book

   b) for a policeman

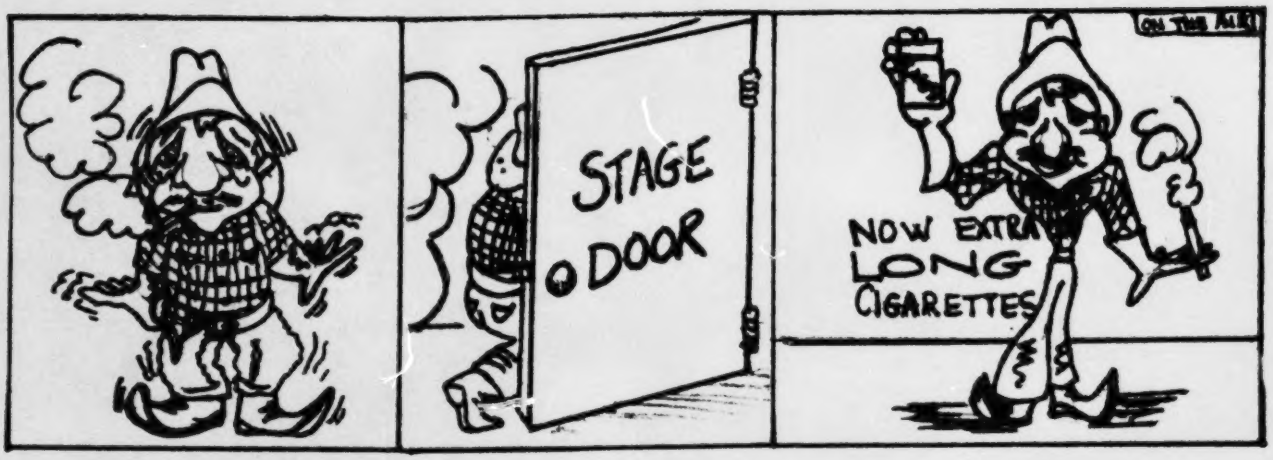
   c) under "poison" in the yellow pages

   d) under "emergency" in the yellow pages



warning

Give up your party line in an emergency. California Penal Code section 384 makes it a misdemeanor for any person who shall willfully refuse to immediately relinquish a telephone party line when informed that such line is needed for an emergency call to a fire department or a police department or for medical aid or ambulance service. Also, any person who shall secure the use of a telephone party line by falsely stating that such line is needed for an emergency call, shall be guilty of a misdemeanor. "Emergency" means "a situation in which property or human life is in jeopardy and the prompt summoning of aid is essential."



SMOKING

READING AND SPELLING

Studies have shown that smokers are more likely to die of lung cancer. Smoking not only encourages lung cancer, it can result in other diseases, too. In the lungs, bronchitis and emphysema are encouraged by smoking. Smoking can affect the heart and the blood vessels. It can also help cause ulcers and dental problems. If you don't catch a fatal disease, you are likely to have more health problems in you old age. Either way, you lose.

1. Can smoking affect your heart? _____
2. Can it help cause ulcers? _____

Alcoholism is a disease. It is the result of the physical and chemical make-up of a person. If a person has a particular make-up, he cannot drink without becoming an alcoholic. Although some healthy people can drink without becoming alcoholics, others cannot.

Alcoholism is a problem to society. People who suffer from alcoholism usually have problems at home and on the job. Each case of alcoholism affects at least six to eight other people. One half of the deaths from auto accidents are caused by drivers who were drinking. Excessive drinking causes cirrhosis of the liver, which eventually causes death. Cirrhosis of the liver is the fourth leading cause of death for persons between 25 and 45 years of age in the U.S.

Here are some questions about the signals of alcoholism. A person who answered "yes" to four or more of these questions would be in deep trouble with their drinking.

1. Have you ever decided to stop drinking for a week or so, buy only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking--stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had a drink in the morning during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?

8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work because of drinking?
11. Do you have "blackouts?"
12. Have you ever felt that your life would be better if if you did not drink?

These questions are from a pamphlets about A.A.: Alcoholics Anonymous. More A.A. pamphlets are available in the Learning Skills Center, and also at the Alcohol Information Center at 635 South Stewart Street, Sonora.

1. Which of the following is not a sign of alcoholism?
   a) blackouts
   b) overweight
   c) drinking in the morning
2. Circle the correct spelling of the words in parentheses.
   a (cupple/couple) of days
   mind their own (bisiness/business)
   problems (connected/conected) with drinking

ENGLISH

Prepositions are words like with, by, to, at, as, while, under, and over. They explain how a person is doing something: with an axe, over the counter, as a couple. Circle the prepositions in the following paragraph.

Mixing drugs with drink is dangerous. Alcohol and drugs can combine with fatigue or illness to have profound effects, such as death. This is true of pills that a doctor might prescribe, as well as other drugs. Never drink alcoholic beverages while you are taking medicine.

DRUG ABUSE

MORE READING

Every time the word "drug" enters a conversation, everybody has an opinion. Most times, each person's opinion is different. This unit on drug use attempts to show how drugs can affect your health. Chemicals (drugs) that affect the body and brain can upset a delicate balance. This chemical balance inside the body is important to our health and survival. Drugs can cause health problems, mental problems, and even death.

DRUG ADDICTION

One of the biggest dangers is drug addiction. When the body adjusts itself to always having drugs in its system, then withdrawal can cause illness. On the other hand, continued drug use can cause death. Either way, the drug addict faces a hard time.

The most addictive drugs are opiates and barbiturates. Here is a list of some opiates and barbiturates.

Opiates	Barbiturates
heroin	Quaalude
morphine	Nembutal
codeine	Seconal
percodan (synthetic opiate)	

1. In some cases, doctors prescribe codine and percodan, which are opiates. Since these drugs are _____, it is dangerous for aptients to use them for more than a few days. For which illnesses might a doctor prescribe codeine or percodan? (circle 2)

   a) a chronic cough

   b) a severe but temporary throad infection

   c) a few days of pain after a surgery

   d) chronic arthritis

2. Basically, the choice faced by an addict is eventual death from drug abuse or

   a) arrest

   b) a life of crime

   c) continued drug use

   d) withdrawal

3. Many drugs are psychologically addictive; fewer drugs are physically addictive. Which drugs on this list are known to be physically addictive? (Check the list of addictive drugs.)

   a) Quaaludes

   b) Cocaine

   c) Marijuana

   d) Codeine

   e) Heroin

   f) Valium

   g) Nembutal

Addiction is not the only danger of drug use. Cocaine is taken by snorting or sometimes even injected by a needle. Snorting causes damage to the sensitive nasal passages, but the biggest danger of cocaine is its effect on the heart. Cocaine is a stimulant, but after it stimulates (and speeds up the heartbeat) it can cause slowing of the heartbeat. Changing the rate of heartbeats is dangerous to the entire body.

Marijuana is similar to tobacco in its effect on the lungs. Both help lung cancer, bronchitis, and emphysema to attack the lungs.

DOES MARIJUANA LEAD TO HARDER DRUGS?

Many people are so anxious to keep people away from the real dangers of drug abuse that they exaggerate a little. They make sweeping statements. Then someone tries a drug and decides the

horror stories about drugs aren't true. Now the person won't believe anything about drugs being bad.

"Marijuana always leads to harder drugs" is one of those general statements. Most marijuana users do not become heroin addicts. But, on the other hand, most heroin addicts did start by using marijuana. Just like alcohol, marijuana is more dangerous to some than to others. It is different for every individual.

PSYCHOLOGICAL ADDICTION

Sometimes it is the mind instead of the body that gets addicted. This is true for valium and amphetamines (speed) and sometimes cocaine and marijuana. People start to feel that the day isn't complete without "getting high." But this much use of any drug will effect your health and the ability to lead a full life.

1. Which drug is not physically addictive?

   a) heroin
   b) valium
   c) alcohol
   d) quaaludes

2. "Harder drugs" imply

   a) heroin

   b) valium

   c) alcohol

   d) all of these

3. The statement that marijuana leads to harder drugs is

   a) true

   b) false

   c) somewhere in between true and false

MARIJUANA LAWS: A CURRENT ISSUE

One dangerous thing that marijuana, cocaine, heroin, psychadelics, and large amounts of barbiturates have in common is that they are illegal. People who sell marijuana are often involved with other illegal drugs. Large amounts of money change hands and sometimes drug deals can be risky or even violent.

Should marijuana be legalized? This is a question being debated by Americans. Here is a list of pros and cons. Can you add one or two ideas to each list?

Pros (yes, marijuana should be legalized)

1. People are obviously going to smoke anyway, so why make them deal with the criminal element to buy weed?

2. Police can't possibly enforce the laws as they are now.

3. It is more illegal to grow pot than to smoke it. The law actually encourages people to buy from a criminal markey instead of growing their own. This should be changed.

4.

5.

Con (no, marijuana shouldn't be legalized)

1. We don't want people walking around stoned. Would you want the mechanic working on an airplane engine to smoke weed? How about the pilot?

2. Teenagers already abuse cigarettes and alcohol. Even children in grade school are abusing these. Legalizing grass would make it easier for children and teenagers to get it.

3. More marijuana smoking will result. Not only is this harmful to health, but it distracts people from being politically active and socially conscious members of our society.

4.

5.

USING LISTS

WHEN SHOULD YOU GO TO A DOCTOR?

Some people rush off to a doctor when anything at all goes wrong with their body. Others put up with all sorts of pain and refuse to see a doctor unless they are gasping their last breath. You should try to hit the happy medium. See a doctor when you are sick or have a bad accident. Everyone should have a yearly checkup. Your children should get shots for polio and small pox, diptheria, tetanus, and other killing and crippling diseases.

One of the most important reasons to see a doctor is suspected cancer. If it is caught early, cancer can be cured or arrested. If left alone, it will kill.

This is a list of the warning signs of cancer. If you have one of them, see your doctor.

1. Change in bowels or bladder habits
2. a sore that does not heal
3. thickening or lump in the breast or elsewhere
4. unusual bleeding or discharge
5. indigestion or difficulty in swallowing
6. obvious change in a wart or mole
7. nagging cough or hoarseness

Next here is a list of the warning signs of heart trouble:

1. lasting, intense pain in the center of the chest
2. pain that spreads to the neck, arm, or jaw, along with sweating, nausea, vomiting, or shortness of breath.

3. any of the above symptoms that go away, then come back later

QUESTIONS

1. How many warning signs for cancer are there? _____
2. Can a sore be a sign of cancer? _____
3. Is a bump on the head a sign of heart trouble? _____

Where cancer appears

Cancer can develop in any part of the body. The chart below indicates the numbers of cases of cancer in various body sites to be expected among each 100 cases of cancer in men and women. Superficial skin cancer is not included.

Cancer appears most frequently in men and women over 35, but sometimes younger people are affected, too.

Site	Men	Women
breast	—	27
lung	21	7
prostate	17	—
colon and rectum	15	15
other digestive organs	10	8
uterus	—	14
urinary tract	9	4
leukemia and lymphoma	8	7
oral	5	2
all other	15	16
	100	100

BIRTH CONTROL AND PREGNANCY

READING AND SPELLING

Birth control methods include manufactured items such as condoms for men, and foams, jellies, and creams for women. Doctors can supply birth control pills, a diaphragm, or an intra-uterine device.

Ask at your local health clinic or county hospital for more information about birth control. Pamphlets and advice are free.

If pregnancy is suspected, get a lab test from a medical clinic or doctor to be sure. Home pregnancy tests are also available. A pregnant woman should have regular check-ups

until the baby comes. To keep both the mother and unborn baby healthy, the mother should have a good, well-balanced diet, plenty of exercise, and plenty of fresh air and rest.

Booklets on motherhood and baby care can be found at medical offices and clinics, and in the skills center. If you take good care of yourself, you'll be taking good care of your baby. You'll have a better chance of having a baby that is normal, healthy, and beautiful.

TRUE OR FALSE

_____1. A pregnant mother should have check-ups once a year.

_____2. If you suspect you are pregnant, the only way to find out is wait and see.

_____3. Birth control can be practiced by both men and women.

_____4. The only place to find out about birth control is to go to a doctor.

_____5. You can get free birth control advice at a local clinic.

_____6. Expectant mothers should stay home in bed.

_____7. Normal, healthy babies are more likely from a healthy mother.

Circle the correct spelling for the following words:

a) (condums/condoms) for men

b) can supply a (diaphragm/diaphram)

c) (pamplets/pamphlets) and advice are free

d) well (ballanced/balanced) diet

ENGLISH

TIPS FOR EXPECTANT MOTHERS

- You should be under a doctor's care.
- Eat right and be careful of your weight.
- Don't take medicine unless a doctor prescribes or recommends it.
- You and the baby will be better off if you don't smoke or drink.
- Don't have X-rays unless you tell both the doctor and the X-ray technician that you are pregnant.
- Communicate with your doctor. Be sure you know the risks as well as the benefits of anything you do for your baby.

1. A conjunction is a word like and, or, but, and whenever. It connects two separate ideas. All the tips above are complete sentences. Must all complete sentences contain at least one conjunction? _____

2. A "command" is a sentence that tells you what to do. It always begins with a verb. "Go next door." "Pick up your clothes." How many of the "tips for expectant mothers" are commands? _____

WILL YOU LIVE TO BE 100?

Calculate your own life expectancy

A child born today can expect to live 72.8 years.

What about the life expectancy of those not born today?

Dr. Diana S. Woodruff of Temple University has worked out a procedure through which a person can estimate his own life expectancy, regardless of present age.

The procedure was featured recently in a letter from Kansas City Life Insurance Company.

While a newborn can expect to live 72.8 years, only two out of every 1000 people lives to reach 100.

The sharp jump in life expectancy of 2.1 years since 1970 comes from (1) drop in infant mortality, (2) fewer deaths from heart disease, and (3) fewer fatal accidents.

As a prelude to your 1979 New Year's resolutions, use this outline to figure how long you might expect to live.

1. To begin, find your life expectancy according to the accompany Chart. Then, add your present age, Using this as a starting figure, add or subtract years in response to the following factors.

2. If your mother or father has lived past 70, add one year for every 5-year period per individual.

3. If a parent, grandparent, brother or sister died of a heart attack, angina or stroke before the age of 50, subtract 4 years; before 60, subtract 2 years.

4. If you or one of your parents or grandparents has had diabetes, thyroid disorders, breast cancer (if you're a woman), cancer of the digestive system or a strong allergic tendency (asthma, chronic bronchitis, emphysema), subtract 3 years for each incidence.

5. Subtract 1 year for each 10 pounds you are overweight.

6. Add 2 years if you are a light to moderate drinker (no more than 2 drinks per day). Heavy drinkers, subtract 8 years. Teetotalers, subtract 1 year.

7. If you smoke two or more packs of cigarettes per day, subtract 8 years. One to two packs, subtract 4 years. One-half to one pack, subtract 2 years. Non-smokers, add 2 years.

8. If you've lived most of your life in North or South Dakota, Nebraska, Kansas, Minnesota, Iowa or Missouri, add 1 year. Subtract 1 if you've lived mostly in New York, New Jersey or Pennsylvania.

9. If you exercise moderately at least 2 or 3 times per week (long walks, jog, bike riding), add 3 years.

10. If you sleep more than 9 hours a night, subtract 4 years. More than 10 hours, subtract 6 years.

11. If married, add 3 years. If single, subtract 1 year for each unwedded decade after age 25.

12. If your personality is reasoned and pragmatic, add 1 to 3 years. If you are aggressive, intense and competitive, subtract 1 to 5 years based on your evaluation of degree.

13. If you regularly use seat belts and drive at 55 mph speed limit, add 1 year. Subtract 6 months if you own a snowmobile.

14. Subtract 2 years if you've had less than a high school education. If you have 4 years of education beyond high school, add 1 year. Five years or more, add 3.

15. If your job is sedentary (desk job, clerk, etc.), subtract 3 years. If it's active (construction, mail delivery, etc.) add 3 years.

16. If your job involves regular long-distance flying, subtract 1 year.

17. If annual income is $40,000 or more, subtract 2 years.

18. If over 60 and still working, add 2 years. Over 65, add 3.

19. If you are basically happy, add 1 to 2 years. If dissatisfied, subtract 1 to 3 years, based on severity.

20. Add 1 year if you have had psychoanalysis.

21. Women over 30 who have annual Pap smears and breast examinations, add 2 years. If you check your breasts monthly, add 2 more.

22. If over 40 and have a proctoscopic exam every 2 years, add 2.

23. Add 2 years if you keep the thermostat in your home at 68 degrees Fahrenheit or if you sleep in a cold room.

Life Expectancy Chart

(See story for instructions on how to use this chart)

Year of Birth	Male	Female
1967 to present	66 years, 11 months	74 years, 1 month
1962-66	62 " 2 "	69 " 5 "
1957-61	57 " 4 "	64 " 6 "
1952-56	52 " 6 "	59 " 7 "
1947-51	48 " 0 "	54 " 10 "
1942-46	43 " 6 "	49 " 11 "
1937-41	38 " 8 "	45 " 2 "
1932-36	34 " 5 "	40 " 6 "
1927-31	30 " 0 "	35 " 11 "
1922-26	25 " 8 "	31 " 6 "
1917-21	21 " 10 "	27 " 2 "
1902-06	12 " 1 "	15 " 6 "
1897-1901	9 " 8 "	12 " 1 "
1892-96	7 " 8 "	9 " 4 "
1887-91	6 " 2 "	6 " 8 "

GLOSSARY

Bacteria - tiny plants, invisible to humans, that can carry disease

Begonia - a poisonous houseplant

Body toning - muscle improvement

Cancer - uncontrolled reproduction of the tissue cells in the body

Chronic - lasting a long time

Contraception - the purpose of preventing pregnancy

Diaphragm - a cap, usually made of thin rubber, that fits over the cervix for contraception

Intra-uterine device (IUD) - a contraceptive device that fits inside the uterus

Motivated - having desire to do something

Nutritious - providing nourishment; can be used by the body

Objective - purpose

Paramedic - a person who knows professional first aid; usually an ambulance attendant

Philodendron - a poisonous houseplant

Poinsettia - a poisonous houseplant

Poison - anything entering the body that can injure or kill by chemical action

Prevention - stopping something before it starts

Protein - a part of the food you eat that is used to feed your body cells

Rationale - reasoning

Ulcer - an open sore that disintegrates

ANSWER KEY

Page 3

PREVENTION

1. b
2. d
3. a
4. good health prevents disease. This section is on how to stay healthy so you don't get sick.

Page 4

NUTRITION

1. e
2. a
3. f
4. g
5. b
6. c
7. d

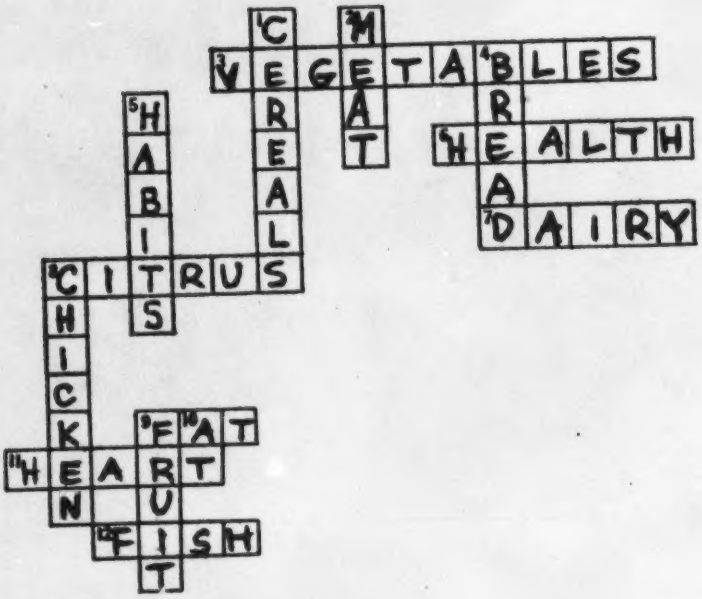
Page 5 & 6

The four basic food groups

1. meat, bread
2. c
3. cheese
4. menu based on your personal choice of foods

Page 9

CROSSWORD PUZZLE KEY



Page 11

FIRST AID

1. Call for help; get an ambulance
2. yes
3. put pressure on the bleeding wound
4. avoid panic, avoid shock, het help

SPELLING

across

accident

people

arrived

Page 12

ENGLISH

Circle: is, give, is, can save, saves, know, are, are, is, knows, has, prevent

Page 14

USING FORMS AND CHARTS

1. Keep them lying down, cover with light blanket, treat any bleeding.
2. Remove any object from their mouth; give them mouth-to-mouth resuscitation.
3. Call for help. If they're conscious, give them warm water or milk.

Page 17 & 18

HEALTH AND SAFETY

POISONS

1. 8 poisons in the picture are dish soap, clorox, paint, paint thinner, ammonia, the poinsettia plant, the snail pellets, and the flea collar on the cat.
2. d
3. b
4. d
5. a

Page 19

READING AND SPELLING

1. yes
2. yes

Page 21

QUESTIONS ABOUT ALCOHOLISM

1. b

2. couple

business

connected

Page 22

ENGLISH

Words circled should be: with, with, to, as, of, as, as, while.

Page 24

DRUG ABUSE

1. addictive. Circle b and c

2. d

3. a

d

e

g

Page 26 & 27

PSYCHOLOGICAL ADDICTION

1. b

2. a

3. c

Page 28

MARIJUANA

List your own ideas

UNIVERSITY OF CALIFORNIA
ERIC CLEARINGHOUSE FOR
JUNIOR COLLEGES
96 POWELL LIBRARY BUILDING
LOS ANGELES, CALIFORNIA 90024

MAY 22 1981

Page 30

USING LISTS

1. 7 cancer warning signs
2. yes
3. no

Page 32

BIRTH CONTROL AND PREGNANCY

1. false
2. false
3. true
4. false
5. true
6. false
7. true

SPELLING

condoms

diaphragm

pamphlets

balanced

Page 33

ENGLISH

1. no
2. 4